



# WINGSPREAD

RANDOLPH AIR FORCE BASE

[www.randolph.af.mil](http://www.randolph.af.mil)

62nd Year, No. 17 • MAY 2, 2008



## VIVA FIESTA!

Gen. William Looney, Air Education and Training Command commander, waves to spectators at the Battle of Flowers parade April 25 in San Antonio. Gen. Looney was the Fiesta 2008 military coordinator.  
Photo by Rich McFadden

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# NEWS

## CONGRATULATIONS

# Team Randolph Quarterly Award Winners

### CGO

First Lt. Tritia Finley, an executive officer from Headquarters Air Education and Training Command A2A3, is the Company Grade Officer of the Quarter. Lieutenant Finley is hailed as the number one of 46 CGO peers, keeping the largest and busiest directorate on track. She delivered more than 500 taskings on time, resulting in the highest return rate of the 15 directorates.

In her off-duty time, she mentors youth and is a cheer coach at the Randolph Youth Center where she serves as a role model for more than 20 youth.



**1st Lt.  
Tritia Finley**

### Junior Enlisted Member

Senior Airman Elizabeth House, a contracting specialist for the 12th Contracting Squadron, is the Junior Enlisted Member of the Quarter. Airman House executed 75 contract actions worth more than \$10 million, outpacing all her peers. She took on a Team Randolph refuse contract reserved for a General Schedule 11 specialist, meeting the need of more than 1,000 residents. In her off-duty time, Airman House served as the project lead for Randolph's Habitat for Humanity, coordinating 21 members who served more than 168 hours and served as the Noncommissioned Officer Association's secretary.



**Senior Airman  
Elizabeth House**

### Junior Civilian

Nancy Lindskog, a budget technician from Headquarters 19th Air Force, is the Junior Civilian of the Quarter. Ms. Lindskog eliminated the backlog of 2005 and 2006 reimbursement claims as well as cleared more than \$95,000 in dormant obligations. She recovered more than \$5,000 in overages and found \$58,000 owed to providers. In her off-duty time, Ms. Lindskog is a San Antonio Animal Care Shelter volunteer, volunteering 16 hours a month caring for animals and assisting with adoptions.



**Nancy Lindskog**

### Senior NCO

Master Sgt. Anthony Harmon, 12th Medical Group Dental Flight's noncommissioned officer in charge, is the Senior NCO of the Quarter. Sergeant Harmon led the medical group in pursuit of a 98 percent readiness rate, surpassing the Air Force deployment goal by more than three percent, and guided major clinic renovations, facilitating a \$450,000 construction plan.

In his off-duty time, Sergeant Harmon coaches intramural basketball and oversaw the 2008 National Children's Dental Health Month event, educating more than 800 children on proper oral hygiene.



**Master Sgt.  
Anthony Harmon**

### Senior Civilian

Charles Bailey, an air traffic control specialist from the 12th Operational Support Squadron, is the Senior Enlisted Member of the Quarter. Mr. Bailey provided clear direction and deconflicted four converging aircraft, saving a T-38 Talon and two aircrew. He sets the bar for junior controllers, planned and coordinated the Scarlet Hawk 08-03 base exercise with the Department of Energy and ensured safe after hours arrivals and departures for more than 40 distinguished visitors. In his off-duty time, Mr. Bailey is an ambassador to the community serving as a Little League coach, spending more than 60 hours teaching children baseball basics.



**Charles Bailey**

### Honor Guard NCO

Staff Sgt. Terrence Galamison, a systems administrator from the 561st Flying Training Squadron Detachment 2, is the Honor Guard NCO of the Quarter. Sergeant Galamison is hailed as the number one of 19 B-flight honor guardsmen for setting the standard in attitude, appearance and performance for others to emulate. He coordinated 13 military funeral and ceremony details with superior motivation and coaching techniques to increase flight efficiency. In his off-duty time, Sergeant Galamison coaches a youth basketball team and devoted 10 hours to Operation Home Front assembling packages.



**Staff Sgt. Terrence  
Galamison**

### NCO

Staff Sgt. Julie Stewart, 12th Medical Group Allergy and Immunization Technician non-commissioned officer in charge, is the NCO of the Quarter. Sergeant Stewart was awarded the 376th Emergency Medical Group NCO of the month and hailed as a "Warrior Medic" while serving a four-month deployment overseas. She supported 1,257 sorties and enabled delivery of more than 400 pounds of fuel.

In her off-duty time, Sergeant Stewart serves as a role model and coach and supports youth soccer.



**Staff Sgt.  
Julie Stewart**

### Intermediate Civilian

Eugene Lott, a fabric worker with the 12th Flying Training Wing Maintenance Directorate, is the Intermediate Civilian of the Quarter. Mr. Lott developed 40 lesson plans and 10 career development courses for a new combined career field merger and worked directly with AETC to correct T-6 Texan contract issues with civilian companies, resulting in a \$10,000 cost avoidance. His other achievements include organizing the Survival Equipment Shop's Combined Federal Campaign contributions, ensuring 100 percent participation.



**Eugene Lott**

### Honor Guard Airman

Airman 1st Class Catherine Steely, an Air Force enlisted retraining manager from the Air Force Personnel Center, is the Honor Guard Airman of the Quarter. Airman Steely flawlessly executed eight retiree and veteran funeral honors and was lauded by the new AFPC commander for her participation in the Color Guard formation during the change-of-command ceremony. She performed a cordon for the Polish Air Force vice chief of staff distinguished visitor tour and was a key participant in the saber team for the 12th FTW Services annual awards ceremony. In her off-duty time, she is an active member of Big Brothers and Big Sisters and a Team Randolph Airman's Council member.



**Airman 1st Class  
Catherine Steely**



# Lean Week comes to Randolph

By Airman 1st Class Katie Hickerson  
Wingspread editor

Gone is the Air Force before super computers and modern technology. Gone are the, "We used to do it this way," and "When I was an Airman..." mindsets. Even gone, is the Air Force of fifteen years ago.

Today's Air Force is a highly streamlined, technology-driven entity that is tasked more and more everyday to accomplish more with fewer resources. Randolph Air Force Base is no different. The base will host a benchmark event, the first of its kind in Air Education and Training Command, named "Lean Week," to focus on areas of inefficiency May 19-23.

"This is the time to take a critical look at how we use our resources," said Col. Jacqueline Van Ovost, 12th Flying Training Wing commander. "We will identify ways to eliminate wastes of energy, time and money and determine how we can streamline our operations."

In a March 2006 Letter to Airmen, Michael W. Wynne, Secretary of the Air Force, called the Air Force Smart Operations 21 initiative, "A dedicated effort to maximize value and minimize waste in operations."

AFSO 21 doesn't just ask why things are done a certain way, but holds all echelons of leadership accountable to the tougher question: is this task necessary at all?

"AFSO 21 represents a shift in our thinking," James Grobe, 12th Logistics Readiness Division deputy director and 12th FTW certified facilitator, said. "Our goal is to get the entire wing involved at one time."

Each of Randolph's units, the 12th

Operations Group, Mission Support Group, Medical Group and Maintenance Directorate have scheduled specific projects during Lean Week in which to evaluate their daily operating schedules. Each organization will be assigned a facilitator, like Mr. Grobe, who will earmark various areas for review and elimination.

"This is the first time any base, wing or organization has conducted an event of this nature," Mr. Grobe said. "Headquarters AETC has taken notice of Randolph's leadership engaged in this initiative and has decided to observe this effort to benchmark it for other organizations to follow suit."

Mr. Grobe described the "Lean" concept as, a standardized method and mindset for reducing waste in all of the processes Randolph uses to execute its mission.

"Our main goal is to identify areas of waste, eliminate it from our current operations and adapt to the new change, in effect, trimming the fat to save time money and resources."

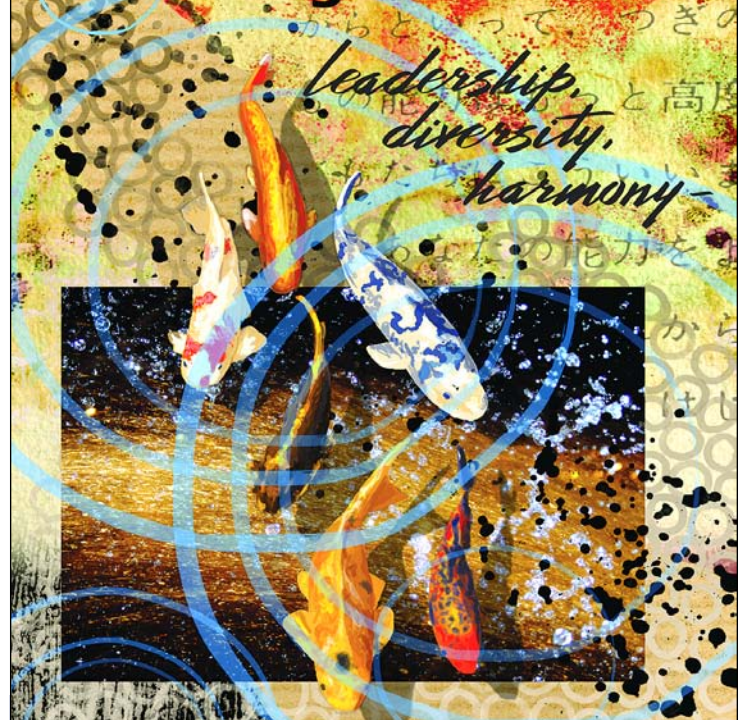
According to the program, waste is incurred with any non-value added activity.

"Understanding this concept is easy," Mr. Grobe said. "Simply ask yourself, if this step went away, would the customer know or even care. If the answer is no, then it is non-value added and should be eliminated."

The bottom line is, there's a lot of redundant work happening and it leads to a loss in productivity, Mr. Grobe said.

"This week is important for everyone in every echelon, especially down to the lowest levels where the work is getting done, to get involved in the project," he said. "It really is a whole team effort."

## Asian Pacific American Heritage Month



## Events planned for May commemoration

*Asian Pacific American Heritage Month, celebrated in May, commemorates the contributions of people of Asian and Pacific Islander descent in the United States. In 1978, Congress passed a joint Congressional Resolution to commemorate Asian American Heritage Week during the first week of May. This date was chosen to mark the anniversaries of the arrival of the first Japanese immigrants in America May 7, 1843, and completion of the transcontinental railroad by Chinese laborers May 10, 1869.*

### Schedule of Events

#### • 5 K Fun Run/Walk

Who: Open to all DoD ID card holders  
When: May 2 at 7 a.m.  
Where: Eberle Park  
POC: Master Sgt. Walter Dollente, 652-9123 or Senior Airman Alohilani Perry-Peters, 652-5349

#### • May Day Celebration

Who: Open to all DoD ID card holders  
When: May 4 from 2:30-4:30 p.m.  
Where: Eberle Park  
POC: Kimo Calica, 389-8607

#### • Randolph Youth Art Contest

Who: Open to all Randolph Youth Center students  
When: May 5-9  
Where: Randolph Youth Center (Building 585)  
POC: Maj. Lester Loreto, 652-3975 or Staff Sgt. Mercylen Ayo, 652-1846

#### • Volleyball Tournament

Who: Military family members and civilians  
When: May 10 from 8 a.m. to 5 p.m.  
Where: Jimmy Brought Gym, Fort Sam Houston  
POC: tstephens9@satx.rr.com

#### • Library reading on Asian Pacific Islander

Who: Open to all children of DoD ID card holders  
When: May 14 from 10-11 a.m.  
Where: Randolph Base Library (Building 598)  
POC: Staff Sgt. Lynette Rainge, 652-4267 or Senior Airman Christela Turner, 652-4373

#### • Asian Cooking at the Randolph Youth Center

Who: Open to all youth center students  
When: May 19 and 23 from 3:45-4:45 p.m.  
POC: Staff Sgt. Lynette Rainge, 652-4267 or Staff Sgt. Mercylen Ayo, 652-1846

#### • Asian Cooking at the Health and Wellness Center

Who: Open to all DoD ID card holders  
When: May 23 from 11:30 a.m. to 12:30 p.m.  
POC: Senior Master Sgt. Elvie Simpson, 652-6003 or Tech. Sgt. Hang Holston, 652-4061

## News BRIEFS

### Law Day

The 12th Flying Training Wing Legal Office will celebrate Law Day today with a mock trial for all elementary-age children in the base theater beginning at 9:30 a.m. Children can enjoy the mock civil suit argument in the case of Goldilocks v. Three Bears. After the trial, a military working dog team will host a "show" for the kids.

For details, call Capts. Anna Johnson or Deric Prescott at 652-6781.

### Teaching career job fair

Lackland Air Force Base hosts the Veterans in the Classroom Job Fair Wednesday from 2-4 p.m. at the Gateway Club, Lackland Air Force Base.

The program assists retired, retiring and separating military veterans and their spouses in pursuing teaching careers.

For details, call 671-3722.

### Stars and Bars dining-in

A Stars and Bars dining-in for company-grade and general officers is Wednesday at 8 p.m. at the Gateway Club on Lackland Air Force Base.

The cost is \$25 per person. For more information, e-mail karen.chisholm@lackland.af.mil.

### ROSC Rio Cibolo Ranch event

The Randolph Officers' Spouses' Club has planned "...A Little Bit of Texas" Cooking School event at Rio Cibolo Ranch May 13 from 10 a.m. to 2:30 p.m. The cost is \$40 per person.

For reservations, call 659-0329.

### ROSC scholarship dinner

The Randolph Officers' Spouses' Club will honor the 2007-2008 scholarship winners and their parents at a scholarship dinner May 15 at 6:30 p.m. in the officers' club ballroom.

For reservations, call 656-7668.

### Spring Fling at Canyon Lake

The Randolph Recreation Park at Canyon Lake is hosting the annual Spring Fling May 17 from 10 a.m. to 4 p.m.

This is a free family event designed to let people see and experience what Canyon Lake has to offer. There will be tours of the park, a petting zoo, pony rides and a "Create a Mural" area. Free hot dogs, chips and soda will be served from 11:30 a.m. to 2 p.m. There will also be free paddleboat and pontoon boat rides, tattooing, Build-a-Boat and a casting contest.

### Career fair in Austin

A free hiring event for veterans, personnel transitioning from active-duty, Reserves, Guard and military spouses is May 15 from 11 a.m. to 3 p.m. at the Frank Erwin Center in Austin.

For more information, visit [www.recruitmilitary.com](http://www.recruitmilitary.com).



## Commander's Action Line

Call 652-5149 or  
e-mail [randolph.actionline@randolph.af.mil](mailto:randolph.actionline@randolph.af.mil)

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

**Col. Jacqueline Van Ovost**  
12th Flying Training Wing commander



## COMMENTARY

# Randolph's SARC speaks out

By Jacqueline Shiflet  
Randolph Sexual Assault Response Coordinator

There are many barriers as to why victims who have been sexually assaulted do not report it. Fear, shame, embarrassment or having to relive the incident immediately come to mind.

However, the primary reason cited is lack of privacy. Victims quickly become aware when they disclose that there is the possibility that their sexual (recent sex acts or partners, orientation, past sexual assaults), mental (treatment, meds, test results), medical (sexually transmitted diseases, pregnancy and abortion) or employment history may be released.

The Air Force developed a system that addresses many of the above concerns to maximize privacy, improve victim care and assist in the investigation and prosecution of offenders. There are three types of reporting options: restricted, unrestricted and independent. The Department of Defense concluded that restricted reporting was necessary to provide additional time and to increase control over the release and management of the victim's personal information. Restricted reporting is confidential. It empowers the victim to seek relevant information and support, which leads to an informed decision about participating in the criminal process. The victim reports directly to the Sexual Assault Response Coordinator or a health care official. This option is only available to active duty military, Coast

*"It is important to inquire when a friend or a co-worker needs help. If you become aware of a sexual assault or a potential problem developing, take action by assessing the situation, getting involved and contacting the appropriate persons to assist the victim."*

Guard, reservists performing federal duty training and members of the National Guard under Title 10 Status. The assault is not reported to OSI or to the command section and an investigation is not initiated.

An unrestricted report is available to active and retired military, civilians, contractors, dependents and family members age 18 and above. Since this option is nonconfidential, the sexual assault is reported to OSI and to the command section.

Subsequently, an investigation will be initiated. A sexual assault victim advocate is assigned and attends to the victim's needs, provides supportive case management services and eliminates barriers to other resources. The victim can access medical care and counseling services. However, there is limited confidentiality and commanders will determine the course of action in cases of collateral misconduct.

Independent is third-party reporting. If the victim discloses to someone about the assault and the person subsequently notifies command or if someone observes the assault and notifies command, an official investigation may be commenced.

This year's theme is Prevent Sexual Assault: Ask! Act! Intervene! This topic focuses on everyone taking an active role in helping to prevent sexual assault from occurring.

Therefore, it is important to inquire when a friend or a co-worker needs help. If you become aware of a sexual assault or a potential problem developing, take action by assessing the situation, getting involved and contacting the appropriate persons to assist the victim. The following services are available to assist the victim: Installation SARC (24 hours per day/seven days per week at the hotline 652-8787, Unit Victim Advocates, Installation Sexual Assault Response Team, Airman and Family Readiness Center, Family Advocacy Program, Rape Crisis Center, Sexual Assault Nurse Examiner and Military One Source.

Sexual assault is a crime and it is a violation of our core values. We "train the world's finest Airmen for tomorrow and deploy combat-ready warriors today" by working together in a safe, cooperative and productive environment. The only way to achieve excellence in all we do is through mutual trust and respect.

## WINGSPREAD

12th Flying Training Wing

Editorial Staff

Col. Jacqueline Van Ovost

Commander

Capt. Sharon Branick

Chief of Public Affairs

Airman 1st Class Katie Hickerson

Editor

David DeKunder

Robert Goetz

Staff Writers

Maggie Armstrong

Graphic Designer

**Wingspread Office**

1150 5th Street East

Randolph AFB, Texas 78150

Phone: (210) 652-5760

Fax: (210) 652-3142

**Wingspread Advertisements**

Prime Time Military Newspapers

7137 Military Drive West

San Antonio, Texas 78227

Phone: (210) 675-4500

**Wingspread e-mail**

[randolph.wingspread@randolph.af.mil](mailto:randolph.wingspread@randolph.af.mil)

**Wingspread Online**

[www.randolph.af.mil](http://www.randolph.af.mil)

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Articles may also be sent by e-mail to [randolph.wingspread@randolph.af.mil](mailto:randolph.wingspread@randolph.af.mil) or by fax at 652-3142. For more information about submissions, call 652-5760.

**Prevent Sexual Assault: Ask! Act! Intervene!**  
**Sexual Assault HOTLINE 210-652-8787**

National statistics show that an assault occurs every 90 seconds.

80 percent of all sexual assault victims know their perpetrator

## CHANGE OF COMMAND

# School of Aerospace Medicine chief assumes leadership of 12th MDG

By Robert Goetz

Wingspread staff writer

The commander and dean of the U.S. Air Force School of Aerospace Medicine, 311th Human Systems Wing, Brooks City-Base, will become commander of the 12th Medical Group in a ceremony today at 1 p.m. at the Randolph Enlisted Club ballroom.

Col. Soledad Lindo-Moon, who has served the School of Aerospace Medicine as commander and vice commander since July 2005, will succeed Col. Paul Bennett, commander of the 12th Medical Group since July 2006.

"My message to the men and women of the 12th Medical Group is that I'm honored to be part of such a distinguished organization," she said. "You have excelled



Col. Soledad Lindo-Moon

and we will continue the upward trend of excellence."

Col. Lindo-Moon said her vision for the 12th Medical Group is to make it "the place people want to go to for their medical care."

"My focus will be on readiness to ensure our Airmen

have the tools to continue to fight the Global War on Terror and to monitor the wellness of individuals upon their return from deployments," she said. "In addition, fitness is essential, so I want to stress and encourage exercise and the practice of healthy lifestyles. I also want the Medical Group to provide the best customer service for all individuals that receive care there."

Colonel Lindo-Moon, who earned a bachelor of science degree in nursing at Boston University in 1977, was commissioned as a second lieutenant in November 1982 and served as a clinical nurse at Malcolm Grow Medical Center, Andrews Air Force Base, Md., for three years. She earned a master of science degree in health service administration at Central

Michigan University in 1997.

She has served as a flight nurse instructor and examiner with the 2nd Aeromedical Evacuation Squadron at Rhein Main Air Base, Germany; charge nurse of the Multi-Service Unit at Moody AFB, Ga.; nurse manager of the Medical Surgical Unit at Malcolm Grow Medical Center; chief of healthcare integration with the 1st Medical Group at Langley AFB, Va.; Special Care Flight commander with the 89th Medical Group at Andrews AFB; and commander of the 49th Medical Operations Squadron and chief nurse executive of the 49th Medical Group at Holloman AFB, N.M.

In July 2005 Colonel Lindo-Moon became vice commander of the U.S. Air Force School of Aerospace Medicine

at Brooks City-Base and was appointed commander in August 2007. The School of Aerospace Medicine is the center for aeromedical education, training and consultation in direct support of the Air Force, Department of Defense and allied nations. It provides peacetime and contingency support in hyperbaric medicine, human performance enhancement, dental investigations, aeromedical evacuation and environmental quality.

Colonel Lindo-Moon has earned the Meritorious Service Medal with three oak leaf clusters, the Air Force Commendation Medal with two oak leaf clusters, the Air Defense Force Expeditionary Medal and the Combat Readiness Medal. She has logged more than 1,100 hours as a flight nurse.

## First UPT graduates reunite at Randolph

By Staff Sgt. Tim Bazar

12th Flying Training Wing Public Affairs

The first class to complete undergraduate pilot training at Randolph Air Force Base reunited here last week to tour the base, learn about current operations and see how their alma mater has changed in 40 years.

Every decade, a handful of UPT Class 68-F members from all over the country gather to learn about today's Air Force and share memories of a time when the Vietnam War prompted a demand for thousands of pilots a year.

"It was quite an honor to be one of the first to earn my wings at Randolph," said retired Maj. Bob Pucik, a C-130 pilot who retired from Little Rock AFB in Jacksonville, Ark. "I remember having so much fun with these guys and I'm really proud to be back here."

Although training began with 30 hours in a T-41 Mescalero at Webb AFB in Big Spring, Texas, much of their flight training was performed

here.

Undergraduates spent about 90 hours in a T-37 Tweet and 120 hours in a T-38 Talon.

While roaming the halls of the 559th and 560th Flying Training Squadrons, the former students got an opportunity to learn about today's mission and explore the heritage.

Seeing the tribute to the T-37 in the 559th FTS's new "Tweet Hall" was a real treat, Mr. Pucik said.

"Things have changed so much since the 1960s and even since I was here 20 years ago," he said, "but there are several T-38s out on the flightline still in use from our training days."

But the changes, he said, are many.

"I couldn't believe all the changes to our aircraft," he laughed. "When we were flying the T-38, it was about as basic as you could get. Now there are tons of upgrades."

"All the base housing that lined the entryway to the base has been torn down," he said. "When we were in training, we lived in wooden (officer's



Photo by Don Lindsey

Members of the first class to complete undergraduate pilot training at Randolph gather at a reunion last week to learn about today's mission and relive past times.

quarters). The trees were even much smaller; but they've all matured now."

There are some things, however, that haven't changed that much.

"I can still see the passion for flying that all the pilots and students have," said Mr. Pucik. "The Taj Mahal, chapel and the officer's club still look the same."

"I especially remember the Auger Inn," he said with a grin. "This is where I met my wife, Judy. Captain

Sanders and his wife set us up."

"My wife and his wife were friends," said Russ Sanders, now a retired colonel and former UPT instructor who still lives in the San Antonio area. "I'll never forget when they met; you could tell it was something special."

Mr. Pucik agreed.

"It seems there's something rock-solid about this base," Mr. Pucik said. "It's the same old Randolph, just updated."



## GROWING PAINS

# Randolph Medical Clinic undergoes \$8.5 million in renovations and improvements

By David DeKunder  
Wingspread staff writer

An \$8.5 million renovation and improvements to the Randolph Medical Clinic, scheduled to begin June 2, is expected to make the clinic more patient friendly once the project is completed.

Base and 12th Medical Group officials, including Col. Paul Bennett, 12th MDG commander, attended a groundbreaking ceremony April 28 to officially kick off the expansion and renovation project.

First Lt. Brian Bogumil, 12th Medical Support Squadron clinic renovation program manager, said the project, scheduled to take 20 months to complete, will give the two-story, 100,000-square-foot base clinic a much-needed makeover.

"The whole clinic will be getting a facelift," Lieutenant Bogumil said. "We will double the size of the pharmacy and family care waiting area by enclosing the front entrance to the patient drop-off area. The ambulatory bay in the back of the clinic will be enclosed to create more clinical space for patient care. Also, we will be painting, installing new ceilings, lights, floor tiling, signs and a skylight in the atrium of the family care area."

Other renovations include upgrading all restrooms and making them comply with the Americans with Disabilities Act, improved landscaping, expanding the parking lot by 60 spaces and adding a coffee bar in the family care/pharmacy waiting area. These are the first major improvements to the medical clinic since it opened in 1989.

The project will be done in nine phases with the ambulatory bay renovation being the first and ending with the enclosure of the front entrance in August 2009.

Lieutenant Bogumil said the renovations and improvements are meant to make the clinic more aesthetically appealing and comfortable to patients.



Photo by Dave Terry

Taking part in the groundbreaking for the clinic renovation project on April 28 are (from left) Col. James Sohan, 12th Mission Support Group commander; Lt. Col. Michael Patronis, 12th Medical Support Squadron commander; Lt. Brian Bogumil, 12th MDSS clinic renovation program manager; Mike Oberwise, Innovative Technical Solutions Inc. project manager; Col. Paul Bennett, 12th Medical Group commander; Chief Master Sgt. Stephen Page, 12th Flying Training Wing command chief; Gerry Saulnier, ITSi area manager; Col. Jacqueline Van Ovost, 12th FTW commander; Rosa Quinones, 12th MSG Engineering Branch deputy chief; Juan Novan, 12th MSG base project engineer; Justin Stade, ITSi project superintendent; Curtis Barr, Air Force Medical Operations Agency sustainment/restoration and modernization manager; and Jack Shipman, Air Force Center for Engineering and the Environment contracting officer's representative.

"We want to create a more soothing, healing and caring environment for our patients," he said.

The improvements will create more space for the family care and physical therapy departments. Family care will gain an additional 1,600 square feet of space, which will help improve patient care, by expanding into the current public health offices. Then public health will be moved to the present physical therapy space, and physical therapy will double in size from 1,600 to 3,200 square feet by moving to current administrative offices on the first floor.

"We feel we have enough space right now, but it has not been utilized the right way," Lieutenant Bogumil said. "The renovation and improvements will help the clinic better utilize its space and be modernized."

Staff Sgt. Zach Coyner, 12th MDG physical therapy technician, said physical therapy care will improve with more space.

"We will have a whole room for people to exercise and rehab," Sergeant Coyner said. "We will be

able to add more equipment and have the ability to provide more services and see more patients."

While none of the clinic operations will be closed as a result of the renovations, Lieutenant Bogumil said patients will have to deal with some inconveniences.

"At certain times some of the operations will be affected or limited, such as there will be a change in the traffic flow of the clinic because the check-in desk will have to be relocated and at times certain areas of the parking lot will be closed due to the construction," he said.



Courtesy illustration

Architectural rendering of the medical clinic after renovations are completed.



# Top medic

## *Retiring 12th MDG commander cared for Airmen he led, brought out the best in "Warrior Medics"*

By David DeKunder  
Wingspread staff writer

Randolph's top medical leader is undertaking a new challenge after a 26-year Air Force career that took him from a psychiatric nurse to a group commander.

Col. Paul Bennett, 12th Medical Group commander, retires today after two years at Randolph. As the medical group commander, Colonel Bennett oversaw 350 personnel that served 24,000 patients, from active-duty servicemembers and Department of Defense civilians to military retirees at the Randolph Medical Clinic.

Although he will be retiring from the military, Colonel Bennett will be moving to Corpus Christi to become an inspector for the Accreditation Association for Ambulatory Healthcare, which certifies clinics and hospitals that meet basic medical standards.

During his Air Force career, Colonel Bennett worked as a psychiatric nurse, a nurse administrator at three installations, a NATO medical planner in Turkey, a United Nations military observer in North Africa, the medical squadron commander at Tinker Air Force Base, Okla. and an Air Force Inspector General inspecting base hospitals worldwide.

Colonel Bennett began his military career in 1968 when he enlisted in the Army, serving as a military police investigator for five years. When he got out of the Army, Colonel Bennett became a police officer in Verena, N.J., for five years while also serving in the Army Reserve.

While he was working in law enforcement, Colonel Bennett said he decided that his desire to help people could be better served by working in another profession – psychiatric nursing.

"I began to ask myself what I wanted to do for the next 20 years," he said. "I liked working with people and my mother, father and sister were nurses. While I was in the Army and working as a police officer, I interacted with people who had a lot of issues to deal with. I thought I could be a component in helping them get better. I thought I



Photo by Dave Terry

Col. Paul Bennett (center), retiring 12th Medical Group commander, supervises as Airman 1st Class Jessica Evans, physical therapy technician, shows Senior Master Sgt. Keith Steele how to strengthen his back using an exercise ball.

could make a difference."

After completing nursing school in New Jersey in 1980, Colonel Bennett became a nurse at a psychiatric hospital in Cedar Grove, N. J. He joined the Air Force in 1982 and was first assigned to Sheppard Air Force Base, in Wichita Falls, Texas, as a psychiatric nurse at the installation's hospital.

His experience working at Sheppard with Airmen

who had depression, thoughts of suicide, schizophrenia and alcohol and drug abuse problems taught him how patients and medical staff members could perform under pressure.

"I saw quite a bit there," he said. "I learned that if you told people that you wanted something done and not tell them how to do it, they will surprise you with their performance."

Colonel Bennett was put into stressful situations where his expertise in psychiatric medicine was needed. He was sent to England during the first Gulf War to treat servicemembers suffering from post-traumatic stress disorder and in 1996 to Saudi Arabia to counsel Airmen who went through the Khobar Towers bombing, which killed 19 Air Force servicemembers.

During his time at Randolph, Colonel Bennett instituted the "Warrior Medic" concept to his staff, which emphasized to base medical personnel that they were Airmen first and medics second with the primary focus of serving the needs of active-duty personnel better.

Part of that "Warrior Medic" philosophy was to make the base clinic a tobacco-free campus to encourage Airmen to live better, healthier lifestyles, the colonel said.

"We instilled a little of the warrior ethos to help us accomplish our mission, which is to be mentally, physically and spiritually fit," Colonel Bennett said. "What has given me the most pleasure is to watch my Airmen grow in those areas. If you take care of Airmen, they will carry on the mission. My staff did a good job of that while I was here."

Lt. Col. Marissa Koch, 12th MDG chief nurse, said Colonel Bennett improved morale at the base by getting to know each of the medical staff members and trusting their instincts and knowledge.

"He created the environment of the medic warrior, an excitement of being part of this group," Colonel Koch said. "He was a walk-around commander and made the effort everyday to see everyone. As a commander, he allowed you to be creative in terms of ideas and how to lead. He mentored squadron leaders so that they could be effective."

## WHO'S YOUR WINGMAN?

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# WELCOME HOME

## Vacations for Airmen returning from deployment

By Robert Goetz

Wingspread staff writer

A relaxing vacation awaits some servicemembers and their families courtesy of a new Air Education and Training Command Services Agency program.

Called "Welcome Home," the program will give AETC military personnel who have been deployed more than 120 days in support of Operation Iraqi Freedom or Operation Enduring Freedom an opportunity to register for a chance to win grand prizes of \$2,500 travel vouchers. These may be redeemed for a vacation the winner can plan.

"We were very excited when we heard about the AETC Welcome Home program," said Terrye Heagerty, 12th Services Division director. "It is a great opportunity to say thanks to our troops and their families while reacquainting them with the many programs and services offered by the services division. We have added many extra incentives to the program to ensure we exceed their expectations."

The first drawing is set for June and will cover personnel who returned from deployments in 2007 and through May 29 of this year. Follow-on drawings for more prizes are planned for servicemembers deploying during

the remainder of this year.

In addition to travel vouchers, prizes such as a night's stay at a hotel, a Sunday brunch, bowling games and boat rentals will also be given away.

Shelta Reese, 12th Services marketing director, said personnel returning from deployment may now fill out an entry form during the reintegration briefing in Hangar 52. Airmen who returned during 2007 and those who were deployed this year and have already returned may register at the Airman and Family Readiness Center, Building 693.

Servicemembers will hear about the Welcome Home program during reintegration briefings and will also be informed about what services offers them and their families.

"This is a great program and we want to make sure all of the eligible winners get the word," Ms. Reese said. "It gives them a chance to win a vacation cruise to relax. Also, we are trying to supplement with various different items to enhance their return home and their time spent with their families enjoying recreational activities and relaxing."

Services will host a welcome home pool party May 23 from 5-8 p.m. at the center pool and officers' club deck for those eligible for the first drawing. The event will feature food, entertainment and prizes, including three one-night stays at the Drury Inn, a local sponsor of the program.

## BETTER HEARING AND SPEECH MONTH

### Ear protection necessary on flight line, in cockpit, jet engine shops, elsewhere

By Robert Goetz

Wingspread staff writer

Exposure to noise is an everyday hazard on Air Force bases that especially affects aircrews, flight-line workers and airplane mechanics.

While periodic checkups are a good idea for everyone, these Airmen and civilians exposed to noise throughout their workday are required to undergo annual hearing examinations to see if they are suffering any hearing loss.

The American Speech-Language-Hearing Association, which has observed Better Hearing and Speech Month in May for more than 80 years, recommends annual examinations for people age 45 and older.

According to ASHA, signs of hearing loss are:

- Frequently asking people to repeat themselves.
- Often turning your ear toward a sound to hear it better.
- Understanding people better when you wear your glasses or look directly at their faces.
- Losing your place in group conversations.
- Keeping the volume on your radio or TV at a level that others say is too loud.
- Having pain or ringing in your ears.

Staff Sgt. Travis Leonard, Noncommissioned Officer in charge of occupational health at the 12th Medical Group, knows the importance of protecting your hearing. He conducts more than 200 hearing tests a month and often refers Team Randolph members – mostly civilians – to audiologists at Wilford Hall Medical Center or the Kelly Clinic for further tests if he sees signs of hearing loss.



If hearing loss is severe enough, audiologists can prescribe hearing aids and other devices and teach people how to concentrate on hearing sounds.

"I test everybody on flying status and civilians who work in the jet engine shops and on the flight lines – anybody exposed to more than 85 decibels for eight hours a day," he said.

Sergeant Leonard said he sees more hearing problems in older civilians. Hearing loss can be a gradual process, so age is a factor. But he also said pilots and navigators consistently protect their ears because hearing loss can affect their flying status. They wear earmuffs inside their helmets and earplugs on the flight line.

The tests measure the range and sensitivity of a person's hearing and record it on an audio-

gram. A healthy human ear can register frequencies from 20 to 20,000 hertz, but Sergeant Leonard said the tests concentrate on the frequencies from 2,000 to 4,000 Hz. If there is a great enough change from one year to the next, a follow-up procedure is warranted.

Sergeant Leonard said there are two kinds of hearing loss: sensory, or neural, and conductive. An object such as a tumor blocking a pathway in the ear causes conductive loss. Damage from external sources causes sensory loss, which is much more common.

Noise is measured in decibels and levels between 85 and 125 decibels can cause "painless" damage. Some everyday sounds that exceed 85 decibels are lawn mowers, power tools, a jet taking off and the discharge of a firearm.

Sergeant Leonard said loud noises heard over varying periods of time wear down the hair-like cells inside the cochlea, the spiral cavity of the inner ear, and can lead to hearing loss. Loud noises – or even one episode of extreme noise – can also cause tinnitus, a ringing in the ear that is a symptom of hearing loss.

"Hearing loss can be so gradual that most people don't notice," he said. "But once it's gone, it's gone."

Sergeant Leonard said he educates workers about the importance of wearing ear protection – and earplugs are available on base for free – but it's up to them to follow through.

"None of us can make sure they're wearing ear protection," he said.



## COMMUNITY

# AFPC junior NCOs gather food, supplies for animal shelter

Members of the Air Force Personnel Center Junior Enlisted Council recently held a Pet Care Drive to raise supplies and food for the Universal City Animal Shelter.

The group asked for donations from AFPC members and raised a total of 756 pounds of food, 224 pounds of cat litter and 16 pounds of treats. Cash donations were also accepted, and \$155 was raised for the local animal shelter.

"We did something similar to this at my last base," said Tech. Sgt. Sandra Deason, who came up with the idea for the pet drive, "and I thought it would be a good idea to do it here."

She took it to the junior enlisted council and the idea was enthusiastically accepted.

"I went to the Universal City Animal Shelter because I had adopted two dogs from there ... and I knew about

their efforts," said Sergeant Deason. "I contacted them to see what they needed and they asked for puppy, kitten, cat and dog chow and clay kitty litter and canned cat food."

"With these donations from our AFPC folks," said Tech. Sgt. Trisha Malec, council president, "the shelter will be able to save money by not having to purchase these necessities and instead put that money into their equipment needs."

The Universal City Animal Shelter is constructing a new, larger building, but they need to purchase equipment such as cabinets, desks, chairs and fencing.

"Next year, we'll do it again and sponsor a different shelter that can use our help because there are so many in the San Antonio area," said Sergeant Deason.

*(Courtesy AFPC Public Affairs)*



*Courtesy photo*

Tech. Sgt. Sandra Deason (facing) and Tech. Sgt. Sara Montes visit with one of the animals at the Universal City Animal Shelter after delivering supplies donated by members of the Air Force Personnel Center.

## Community BRIEFS

### RANDOLPH CHAPEL – 652-6121

#### Chapel schedule

For a complete chapel schedule, including Protestant, Catholic and other religious services, visit [www.randolph.af.mil](http://www.randolph.af.mil) and click the "chapel" link on the right side.

### MISCELLANEOUS

#### Spring Fling at Canyon Lake

The Randolph Recreation Park at Canyon Lake is hosting the annual Spring Fling May 17 from 10 a.m. to 4 p.m.

This is a free family event designed to let people see and experience what Canyon Lake has to offer. During Spring Fling there will be tours of the park, a kids' area with a petting zoo, pony rides and a "Create a Mural" area. Free hot dogs, chips, and soda will be available from 11:30 a.m. to 2 p.m. There will also be free paddleboat and pontoon boat rides, tattooing, Build-a-Boat, entertainment and a casting contest.

### AIRMAN & FAMILY READINESS CENTER - 652-5321

#### Dads 101 Boot Camp

A Dads 101 Boot Camp class takes place May 17 from 8 a.m. to noon at the A&FRC conference room. The class is designed by dads for dads and covers supporting your partner during pregnancy, labor and delivery, bonding with your newborn, caring for your newborn,

coping with crying and common concerns among new dads. Deadline to sign up is May 14. For more information or to sign up, call Debra Spencer at 652-3340 or e-mail her at [debra.spencer@randolph.af.mil](mailto:debra.spencer@randolph.af.mil).

#### Spouses to Teachers

All spouses of active-duty military personnel, drilling Reserve and National Guard members interested in becoming a teacher should attend a session May 20 from 6:30-8 p.m. at the A&FRC. Call 652-5321 or e-mail [vicki.beaudoin@randolph.af.mil](mailto:vicki.beaudoin@randolph.af.mil) to sign up.

#### Salary negotiations

Learn how to negotiate civilian job salaries and increase your knowledge in the networking field during a workshop May 21 from 8-10 a.m. at the A&FRC. Call 652-5321 to sign up.

#### Heart Link

The Heart Link program May 22 from 9 a.m. to 2 p.m. at the A&FRC helps new military spouses and those new to the area learn about services and programs at Randolph and make new friends. A light breakfast and lunch will be served and door prizes will be awarded. Free child care is available, but should be scheduled in advance. Call 652-5321 to RSVP.

### EDUCATION INFORMATION - 652-5964

#### Community College of the Air Force

A CCAF commencement ceremony is May 6 at 2:30 p.m. at the Randolph Officers' Club

Ballroom. Friends and co-workers of the graduates are invited to join the education center staff and graduates in the celebration of this accomplishment. In order to allow the staff time to prepare for the ceremony, the education center will offer limited services between 8:30 and 11 a.m. that day.

#### ROTC program

Join Capt. Paul Hoff, Detachment 840 at Texas State University-San Marcos, May 13 from 2:30-3:30 p.m. at the Randolph Education Center, Building 208, for up-to-date information on Air Force Reserve Officer Training Corps programs, requirements and the application process.

Everyone is welcome to attend. For more information, visit the Det. 840 Web site at <http://www.afrotc.txstate.edu/mambo>. Captain Hoff can be reached by e-mail at [Ph28@txstate.edu](mailto:Ph28@txstate.edu) or by calling (512) 245-2182.

#### Alamo Community College District

Registration for Maymester, summer and fall terms is still under way. Visit the Web site at [www.accd.edu/spc/admin/extsvcs](http://www.accd.edu/spc/admin/extsvcs) to see what is new, and look forward to the selection of hybrid classes scheduled for Randolph this fall. Stop by to see the ACCD representatives for advising, testing and registration. Representatives are in the Education Service Center, Building 208, Room 10, or call 659-1096.

#### Park University

Registration for the summer term runs May 5-30; the term starts June 2. Course schedules for summer are posted online at <http://www.park.edu/Course/index.aspx>. Introduction to Math (MA105) is offered in an eight-week format that can be used to complete the math requirement for Community College of the Air Force. For more information, e-mail [rand@park.edu](mailto:rand@park.edu) or visit Building 208, Room 5.

#### Embry-Riddle Aeronautical University

Registration for 08/U2, term dates May 26 to July 27, by appointment is Wednesday and May 12-16. Counseling appointments may be made prior to Wednesday. For more information, call 659-0801.

#### Wayland Baptist University

Wayland Baptist University's summer term will run from May 26 to Aug. 9. Returning students may register May 5 via IQ Web. New students will be able to register in person beginning May 12. For more information, call 945-8379 or visit Building 208, Room 11.

#### St. Mary's University

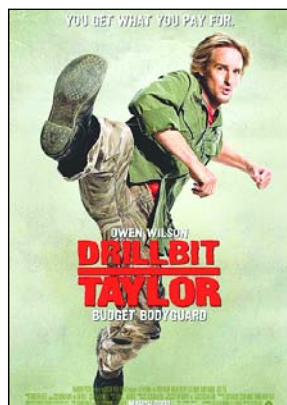
St. Mary's University summer term on Randolph begins May 12. Registration is under way. Students can now register online. The St. Mary's Randolph office will be closed May 8-9 and will reopen May 12. For more information, call 658-4852 or e-mail [stmurafb@att.net](mailto:stmurafb@att.net).



# MOVIES

**Randolph Movie Theater - 652-3278**

**Adults - \$4.00 - Children (11 yrs. and under) \$2.00**



## **"Drillbit Taylor"**

Owen Wilson, Leslie Mann  
Friday, 7 p.m., Rated PG-13, 102 min.  
*Three high schoolers seek out some protection from a bully by placing an ad in Soldier of Fortune magazine. Their best response - and the cheapest - comes from Drillbit Taylor, a down-on-his luck soldier of fortune who lives a "home-free" - existence on the beach.*



## **"Penelope"**

Christina Ricci, James McAvoy  
Saturday, 6 p.m., Rated PG, 89 min.  
*With all odds against her, Penelope must find true love with "one of her own kind" to break a family curse. She meets a string of suitors in her in an attempt to break the curse. Penelope finally breaks free from her family and ventures into the world alone.*



## **"Tyler Perry's Meet the Browns"**

Angela Bassett, Rick Fox  
Sunday, 3 p.m., Rated PG-13 100 min.  
*A single mother living in Chicago, Brenda struggles to make ends meet and keep her three kids off the street. When she's laid off with no warning, she takes her family to Georgia for the funeral of the father she never knew. Nothing could have prepared her for her father's fun-loving, crass Southern clan.*

## **RANDOLPH FIELD ISD**



**Erica Sadlon**



**Allison Harley**

## **Gifted, talented teachers earn regional awards**

Two Randolph Elementary School teachers have been given regional awards for their expertise in the education of gifted students.

Erica Sadlon, a fifth-grade teacher, was chosen as the "Outstanding Teacher of the Gifted," and Allison Harley, fourth-grade teacher, won regional honors as the "Regional Rising Star Teacher."

Both will now compete for state recognition.

"We're so proud of these two fine teachers," says Karen Bessette, Randolph Elementary principal. "They do such an outstanding job for us that it is gratifying to see them being recognized by their peers."

The "Outstanding Teacher of the Gifted" is presented to one teacher in the 14-county region. They must demonstrate an ongoing commitment to professional growth and develop a personal philosophy of education for the gifted that matches the characteristics of the gifted and talented students. Other criteria include the nominee's impacting gifted education at the local, regional and state levels and serving the needs of gifted students in both cognitive and affective domains.

The Rising Star Teacher is presented to one teacher who is in his or her first three years in gifted education and has shown an eagerness for learning gifted strategies, is committed to their application and is dedicated to supporting gifted students.

They must be actively working toward gifted certification, must utilize instructional strategies appropriate for gifted students, address the affective needs of gifted students and become affiliated with gifted professional organizations.

*(Courtesy of Randolph Field ISD Public Affairs)*



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**ONE SUICIDE IS ONE TOO MANY**



### MISCELLANEOUS

#### • AETC welcome home program

Military personnel who have deployed from an AETC base for over 120 days in support of Operation IRAQI FREEDOM or Operation ENDURING FREEDOM have an opportunity to register to win \$2,500 travel vouchers which may be redeemed for a vacation which the winner plans. Visit the Airmen and Family Readiness Center in building 693 to find out more about the program.

In addition, returnees may go to the Bowling Center front counter between now and Monday to enter into a drawing to win three games of bowling with free rental shoes (for up to four people). While you are there you can check out what the bowling center has to offer.

All military members who returned from deployments in CY 07 through May 08 and family members are invited to a "Welcome Home Pool Party" on May 23 from 5-8 p.m. at the Center Pool and officers' club deck. There will be pool games, free food, pay-as-you-go bar and prizes.

The AETC Welcome Home Program is sponsored in part by USAA, Anheuser-Busch and EG&G/LSI. Additionally, the Drury Inn is a local sponsor of this program and has provided three nights in their hotels to be given away at the Welcome Home Pool Party. No federal endorsement of sponsors is intended.

#### • Mothers' day brunches

Don't forget to celebrate Mother's Day, May 11, by taking your mother or wife to a scrumptious brunch at either club. Call 652-4864 at the officers' club or 652-3056 at the enlisted club to make your reservation now.

#### • May bargain warehouse

Open May 14 from 8 to 9 a.m. for E1-E4 and from 10 a.m. to 2 p.m. for all other DoD ID cardholders. Limits may apply. Cash and checks are accepted. Call 652-5268 for more information.

## 12th Services Briefs

### FITNESS CENTER - 652-2955

#### • Passport to fitness

Come to the fitness center front desk to pick up your passport to fitness and use it to travel the fitness world. From cardio to weight training, get stamps for all the "countries" you visit. Once you fill up your passport, you will receive a t-shirt to commemorate your trip. Passports are due to the fitness center staff by May 30. This event is free and open to all DoD ID cardholders.

### GOLF COURSE - 652-4570

#### • May golf and lunch special

For only \$25 you get a round of golf with cart and lunch on the Tee Time Deck every Monday in May. Savor a tasty hamburger, chips and a beverage while enjoying the beautiful Texas spring weather.

If you don't plan on golfing but want to enjoy a delicious lunch on the deck, the cost for lunch is only \$3.50.

#### • Cobra demo day

The golf course is hosting a Cobra Demo Day May 10 from 10 a.m. to 2 p.m. Get fitted for the clubs that allow you to hit longer and straighter drives.

#### • Free golf advice

During May, Mr. Brian Cannon will be available at the driving range Thursdays and Fridays from 4-6 p.m. and Mr. Troy Gann will be at the driving range May 5, 12 and 19 from noon to 1 p.m. to give tips on how to improve your swing and to answer any questions.

The unit that gets the most people to stop by for advice will earn 20% off their next golf tournament. Take advantage of this FREE opportunity to learn from the pros.

### INFORMATION, TICKETS AND TRAVEL - 652-5640

#### • Season pool passes

Season pool passes are available for purchase at Information, Tickets and Travel, Bldg. 897, beginning May

13. Cost is \$35 per person for an individual pass or \$75 per family of 3 and \$10 for each additional child. Family season passes are limited to immediate family members i.e., sponsor and dependents. Daily admission is \$3 per person.

Daily swimming fee and seasonal pool passes are required for recreational swimming and for reduced swim lesson fees. TDY personnel assigned to Randolph AFB for less than 30 days have free swimming privileges with TDY orders. TDY personnel assigned to Randolph for more than 30 days have the same swimming privileges as permanently assigned personnel. Home base season passes are honored.

### WOOD SKILLS CENTER - 652-5142

#### • May parent/child woodworking class

Wood Skills offers a parent/child class on May 17 from 10 a.m. to noon. For only \$5 and a little assembling, you and your child can have a whole lot of fun building an airplane. Sign up deadline is May 12.

### YOUTH CENTER - 652-3298

#### • Youth Employment Skills (YES) program

The YES program is open to active duty Air Force dependents in 9th-12th grades. Registered teens can "bank" \$4 per volunteer hour (up to \$1,000) by volunteering through the Air Force Aid Society sponsored program. Teens are placed in a Randolph AFB organization to gain valuable skills.

The Junior Volunteer Program is open to teens between ages 14-18 that are not eligible for the "YES" program but would like to gain valuable work experience. Teens can register at the Youth Center between now and May 31. Randolph base agencies interested in using responsible teens or teens with questions can call 652-3298 for more information.

## spring fling 2008



You are invited to experience Spring Fling at Randolph Recreation Park at Canyon Lake. Park admission is FREE from 10 a.m. - 4 p.m.

**WHEN: Saturday, May 17 from 10 a.m. - 4 p.m.**

**WHAT:** Petting zoo and pony rides for the kids

Create a mural area

Free hot dogs, chips and sodas from 11:30 a.m. to 2 p.m.

Casting contest

Free paddle boat and pontoon rides

Tours of the park

Nature trail scavenger hunt

Build-a-Boat contest at noon

For more information, please call 652-6508.



## tops in blue world tour '08



**May 20 at 8 p.m.**

**between Hangars 4 & 5**

Doors will open 45 minutes prior. Seating is first come, first serve

Sponsored by Coca-Cola USA, AT&T and Ashford University  
 No Federal Endorsement of Sponsor(s) intended.



## FEATURE

# A Matter of Security

*Personal, career information on social networking Web sites can threaten security*

**By Robert Goetz**  
Wingspread staff writer

Social networking Web sites such as MySpace, You Tube and Facebook, dating sites and blogs are a popular way to meet and communicate with others. For deployed Airmen, they can be a portal to the outside world.

But posting information on these sites that are viewed by millions every day can have dangerous, even deadly, consequences.

An Airman's Roll Call last November cautioned servicemembers that classified information placed on the World Wide Web can compromise national security and that other pieces of information – about current or future operations, locations of personnel or equipment or arrivals and departures – can jeopardize operational security.

Retired Gen. Paul Hester, former commander of the Pacific Air Forces, once warned troops that the wrong personal information on these sites can fall into the hands of “those who can do you harm and can in fact do your service harm.”

In fact, Great Britain's Security Service asked troops to remove all personal details – names of themselves and family members, dates of birth, names of hometowns and locations where they had served – they posted on social networking sites when it was discovered that al-Qaida operatives were monitoring the sites to gather information that could aid them in launching terror attacks.

Norma Kidd, an information assurance specialist with the 12th Communications Squadron, said Team Randolph members should be careful about posting information on Internet sites.

“Don't release your personal information – your name, home address, Social Security number and other items,” she said. “Don't give your life away.”

The well-known social networking sites aren't the only ones that service-

members should be wary of. One “military-only” site devoted to Air Force personnel has been blocked at Randolph and other bases because of the information it conveys about Airmen, Ms. Kidd said.

It's called “Air Force Together We Served,” or AFTWS, and it offers a large amount of information about Airmen, including service photos, service details, personal details, assignments and combat and operations histories.

A document prepared by an officer at the 1st Special Operations Wing at Hurlburt Field, Fla., which is involved in counterterrorism and other forms of unconventional warfare, labeled the site an “OPSEC nightmare.” It claimed the site has a German parent company, a server based in Nova Scotia and no direct military affiliation with any Department of Defense components.

Even though the site gives servicemembers a way to stay in touch with each other, it also provides too much information, Ms. Kidd said.

“It's highly recommended that personnel not post information on that Web site,” she said. “Someone could piece the information together like a puzzle. It is like an OPSEC nightmare because of the information that's just out there.”

Blogs can also yield information that threatens national or operational security, Ms. Kidd said one servicemember actually produced a deployment blog.

“If you have a diary you're giving people information about daily activi-

## What Not to Post

### Job description, duties

An everyday task may seem mundane to the Airman who performs it, but to a potential attacker it's a piece of a puzzle that creates a big picture target.

### Deployment history

It doesn't take a leap of faith to acknowledge that military members may be targeted for past actions as well as the possibility of future encounters.

### Location

Even if you are not in a deployed location you expose yourself to security risks by broadcasting exactly where you can be located.

### Photos

Any type of images, large or small, can be pulled off-line and re-posted somewhere else. Criminals have used photos to pass themselves as military members to steal sensitive information.

### Awards, citations and medals

Along with every war honor comes a war story, and in that story are places, people and information that may be used in a malevolent fashion.



U.S. Air Force graphic by Michael Paul

*The well-known social networking sites aren't the only ones that servicemembers should be wary of. One “military-only” site devoted to Air Force personnel has been blocked at Randolph and other bases because of the information it conveys about Airmen, Ms. Kidd said. It's called “Air Force Together We Served,” or AFTWS, and it offers a large amount of information about Airmen, including service photos, service details, personal details, assignments and combat and operations histories.*

ties on a base,” she said. “People don't realize they're being watched. Everybody is a target.”

Ms. Kidd said personal information on the Internet is accessible to people all over the world.

“There's no geographical separation on a Web site,” she said. “You don't know who's looking at it or where they are.”

Though there's really “not any safe information,” Ms. Kidd said, “there are safe, trusted sources.”

“It's whom you're dealing with,” she said. “It's really up to the individual to see if a Web site is trusted. How do you know it's a trusted site? It's all about research. Don't trust any site unless you've done research.”



CSO



2nd Lt. Michael Bien  
MC-130H (EWO)  
Kadena AB, Japan



2nd Lt. Craig Blessing  
MC-130W  
Cannon AFB, N.M.



Ensign Lee Chasco  
EP-3  
NAS Whidbey Island, Wash.



Capt. Stephen Colclasure  
RC-135  
Offutt AFB, Neb.



Ensign Christopher Friedrich  
P-3C  
NAS Jacksonville, Fla.



Ensign Glenn Greenleaf  
EP-3  
NAS Whidbey Island, Wash.



2nd Lt. Corrine Hester  
B-52  
Barksdale AFB, La.



2nd Lt. Bobby Hogan Jr.  
RC-135 (EWO)  
Offutt AFB, Neb.



2nd Lt. Kathleen Konops  
HC-130  
Moody AFB, Ga.



2nd Lt. Craig Lee  
RC-135 (EWO)  
Offutt AFB, Neb.



2nd Lt. Todd Maitland  
RC-135 (EWO)  
Offutt AFB, Neb.



2nd Lt. Clay Mathews Jr.  
AC-130U  
Hurlburt Field, Fla.



1st Lt. Jesse Palchick  
AC-130U (EWO)  
Hurlburt Field, Fla.



Ensign Thea Peck  
P-3C  
NAS Jacksonville, Fla.



2nd Lt. Tirso Peña  
C-130  
Puerto Rico ANG



Ensign Joshua Silva  
P-3C  
NAS Jacksonville, Fla.



2nd Lt. Nicholas Smith  
E-3  
Tinker AFB, Okla.



Capt. Andrew Thompson  
RC-135 (EWO)  
Offutt AFB, Neb.



2nd Lt. Jason Van Horn  
RC-135 (EWO)  
Offutt AFB, Neb.



Ensign Curtis White  
P-3C  
NAS Jacksonville, Fla.



2nd Lt. Paul Wruk  
KC-135  
McConnell AFB, Kan.

*"I've always been intrigued by navigation and have found a natural ability in science. The CSO has the most important job on an aircraft, getting people and materiel where it needs to be at a precise time. I'm looking forward to this responsibility."*



Capt. Scotty Sproles  
B-52  
Barksdale AFB, La.

*"I have learned that attention to detail and safety cannot be stressed enough. While not as evident in my daily life prior to flight training, safety and attention to detail have now become key components of almost any task I perform."*



Ensign Nicholas Warack  
P-3C  
NAS Jacksonville, Fla.

## Air Force CSOs, Navy NFOs complete training, graduate today

Sixteen Air Force Combat Systems Officers and seven Naval Flight Officers receive their wings during a combat systems officer graduation today. The ceremony is at 10 a.m. in the officers' club.

During the combat systems officer course, which begins at the 562nd Flying Training Squadron, students learn fundamental, system and intermediate navigation. Air Force and Navy students spend about 12 months in training, including a Pensacola course for the Navy and Introductory Flight School for the Air Force.

Navy and Air Force students spend 90 days in the primary phase, learning the basics. They become masters of chart construction, radio aid and RADAR navigation and dead reckoning.

During the intermediate phase, students

integrate these systems in a high-level-environment scenario. These scenarios provide realistic training mimicking air refueling, over-water operations and joint-warfare principles. After the intermediate phase, students elect to either continue in advanced navigation at the 562nd FTS or do advanced electronic warfare officer training at the 563rd FTS.

Advanced navigation students learn how to operate in a low-level environment. Advanced timing, target drops, threat reaction and airborne radar approaches round out the curriculum.

Advanced Electronic Warfare Officer students master advanced employment and planning of electronic warfare and weapons in a state-of-the-art simulator which emulates real-world tactic environments for reconnaissance, bomber and fighter training missions.





# SPORTS and FITNESS

## ON TO STATE

# Braveheart win first-ever flag football divisional title

By David DeKunder  
Wingspread staff writer

The Randolph Braveheart have their eyes set on the state flag football championship after winning their first-ever divisional title competing in a San Antonio-based league.

The Braveheart clinched the Class “B” Division crown by winning their last two regular-season games played on April 19. The team finished with an 8-2 record in the six-team division, beating out the second-place team by one game.

The Braveheart compete in the Saturday league of the San Antonio Flag Football Association. The team is made up of players from Randolph, Lackland Air Force Base and Brooks City-Base.

The league playoffs start May 3 at the Talley Sports Complex in San Antonio. If the Braveheart advance, they will compete in the Texas Flag Football Association Spring State Championships May 24-25 against 25 to 30 teams from Texas and Louisiana.

Winsome Culley, Braveheart coach and player, said the Braveheart became the first team of Air Force players to win a divisional title since the SAFFA was formed in 1983.

“Our goal was to try and go undefeated during the regular season, but I am happy finishing first and being a top seed going into the playoffs,” Culley said. “We did surprisingly well this season. This team has the best athletes I have ever coached and played with.”

By winning the divisional title, the Braveheart are making their first-ever playoff trip. The team started competing last year in the fall portion of the SAFFA, barely missing out on the playoffs with a 7-4 record.

Culley said the Braveheart were better in spring play because their offense was almost unstopplable and their defense stepped up.

“Our offense has been incredible,” Culley said. “We finished third in scoring out of the 19 ‘B’ teams in the league. The rest of the league has not been able to figure out our offense yet. Our defense is getting better every week. We didn’t give up as many points as we did last year and we are communicating better.”

Culley said competing in flag football tournaments in Dallas, Houston and Austin during the year helped the Braveheart prepare for the competition they faced in league play. In March the Braveheart participated in the Spring

Classic in Houston and finished first in their division.

“The tournaments we went to made us a smarter and better team,” he said. “We played more as an organized team and the level of our game was stronger when we can back from the tournaments.”

Tony Amos, Braveheart defensive team captain and linebacker, said the team has played better in spring competition because the players have formed a much stronger bond.

“Defensively, we have improved in our talent and communication skills,” Amos said. “Everybody is talking to each other on the field and making sure everybody is in the right position to make the play.”

Culley said the Braveheart are able to relate to each other on and off the field.

“We have awesome chemistry,” Culley said.

Amos said the Braveheart will be in the mix to advance in the playoffs and play for the state title if they continue to play well.

“As long as we can keep communicating openly, playing to our skill level and keeping our minds in the game, we should be in a position to win it all,” Amos said.

# Lady Ro-Hawks set sights on state track meet

The Randolph High School Lady Ro-Hawks track team finished second at the Region IV-2A track and field championships held April 25-26 at Bobcat Stadium in San Marcos. Randolph scored 86 points, placing behind meet champion Wallis Brazos, which had 90.

Next the Lady Ro-Hawks will go for their third consecutive Class 2A state title at the University Interscholastic League Track and Field Championships May 9-10 at the

University of Texas’ Meyers Stadium in Austin.

The top two finishers in each event at the regional meet advanced to state. Randolph will have two girls who won their individual events competing at state, Jasmine Kent in the long jump and Jayla McArthur in the 400-meter run. McArthur won the 400 at last year’s state meet and will be going for a repeat.

The Lady Ro-Hawks will send all three of their relay teams in the 400,

800 and 1,600 meters to state. Randolph finished first in the 1,600-meter relay and second in the 400- and 800-meter relays. The Lady Ro-Hawks won the 400-meter relay at last year’s state meet and have won the 1,600-meter relay at state the last two years.

The following are the regional results of the Randolph girls who finished in the top four in their events. The top two finishers advanced to the state meet.

**Long jump:** 1, Jasmine Kent, 17 feet, 9 inches.

**400-meter relay:** 2, Randolph (Jayla McArthur, Caitlin Carter, Jasmine Kent and Sydney Solomon), 48.81.

**800-meter relay:** 2, Randolph (Jasmine Kent, Caitlin Carter, Tamoya Morrison and Sydney Solomon), 1:45.34.

**400-meter run:** 1, Jayla McArthur, 57.71.

**200-meter run:** 3, Kenya Alexander, 26.39; 4, Tamoya Morrison, 26.46.

**1,600-meter relay:** 1, Randolph (Jasmine Kent, Tamoya Morrison, Sydney Solomon and Jayla McArthur), 4:01.49.

May

## Group Exercise Class Schedule at the Rambler Fitness Center



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6 a.m. - Cycling	6 a.m. - Step	6 a.m. - Cycling	9 a.m. - Step/Weights	6 a.m. - Cycling	9 a.m. - Kick Boxing
9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Pilates
11 a.m. - Step	10 a.m. - Srs. Strength	11 a.m. - Step	10 a.m. - Seniors	11 a.m. - Step	10 a.m. - Zumba
Noon - Kick/Flex	11 a.m. - Step	4 p.m. - Power Yoga	11 a.m. - Step	5:15 p.m. - Yoga	
5 p.m. - Super/Step	5 p.m. - Pilates	5 p.m. - Combo	5 p.m. - Cardio/Sculpt	6:30 p.m. - Kick Boxing	
5:15 p.m. - Cycling	6 p.m. - Zumba	5:15 p.m. - Cycling	6 p.m. - Kick Boxing		
6 p.m. - Yoga	6 p.m. - Kick Boxing	6 p.m. - B-Toning			
7 p.m. - Kick Boxing					

For more information on any of the exercise classes, call the Rambler Fitness Center at 652-2955.



## Sports BRIEFS

### 2008 volleyball season

People can still sign up for the 2008 intramural volleyball season. To sign up, e-mail [rick.prado@randolph.af.mil](mailto:rick.prado@randolph.af.mil) as soon as possible. The season started Monday.

### Randolph Fitness Day Half-Marathon

The Rambler Fitness Center is hosting their first half-marathon (12 miles) May 10 at 7 a.m. at Eberle Park.

### Air Force Marathon

Air Education and Training Command is looking for runners to be on the AETC team for the Air Force Marathon in October at Wright-Patterson Air Force Base, Ohio. Interested parties may fill out an AF Form 303 and submit it to Mr. Rick Prado at the Rambler Fitness Center.

### Air Force Athlete of the Year

Nominations for 2008 Air Force Athlete of the Year are being accepted until Oct. 6. E-mail [rick.prado@randolph.af.mil](mailto:rick.prado@randolph.af.mil) for instructions on submission of packets.

### Varsity softball players needed

The Rambler Fitness Center is looking for varsity-level softball players, both men and women. If interested, e-mail Tech. Sgt. Dwayne Mumaw at [Dwayne.mumaw@randolph.af.mil](mailto:Dwayne.mumaw@randolph.af.mil).

### Golf course

Regular Twilight pricing begins at 3 p.m. daily and the cost for a round of golf with cart is \$14 per person. Super Twilight pricing begins at 5:30 p.m. daily and the cost for a round of golf with cart is \$10 per person.

### Tee times

Golfers should sign up for weekday tee times at the Randolph Oaks Golf Course at least two days in advance.

Drawings are held every Thursday for weekend tee times. Groups must have at least two active-duty members to qualify for a priority tee time. To sign up for weekend tee times, e-mail to [tee.time@randolph.af.mil](mailto:tee.time@randolph.af.mil)

### Volleyball Summer League registration

Registration for the girls' volleyball summer league for ages 9-18 is now through May 30.

### America's Kids Run

The America's Kids Run takes place May 17 at 9 a.m. at Eberle Park. Five- and 6-year-old children will run a half-mile, 7- and 8-year-olds will run one mile, and 9- to 13-year-olds will run two miles. They will finish to the loud cheering of parents and receive an "America's Kids Run T-shirt". This is a FitFactor event.

### Nite Hoops Registration

Register for Nite Hoops Monday through Friday from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m. through May 30. Nite Hoops is free for youth center members ages 13-18.

Participants must have a current physical. The Nite Hoops league will run June 1-Aug. 4. Call the youth center for more information, 652-2088.

### Volleyball Clinic Registration

Registration for the June Volleyball Clinic is Monday through Friday from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m. through May 31. The clinic costs \$40 plus activity fee or current membership. The clinic will run from May 31 to June 4. The clinic is for girls ages 10-18 and is limited to the first 60 athletes who sign up.

### Football, cheerleading and volleyball registration

All sports and cheerleading participants must have a current sports physical and either a current youth center membership or paid activity fee.

In addition, all participants must present valid proof of age, i.e. birth certificate or military ID card.

Registration runs through July 31. Call the youth center at 652-3298 for a schedule of fees.



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Chief Master Sergeant of the Air Force

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